Partly cloudy

High 85, low 63

News. Page 3

What Dyess was like in the 1950s: part one of 50th anniversary series

> News, Page 9

Grand opening of new base exchange draws many Tuesday

Page 10



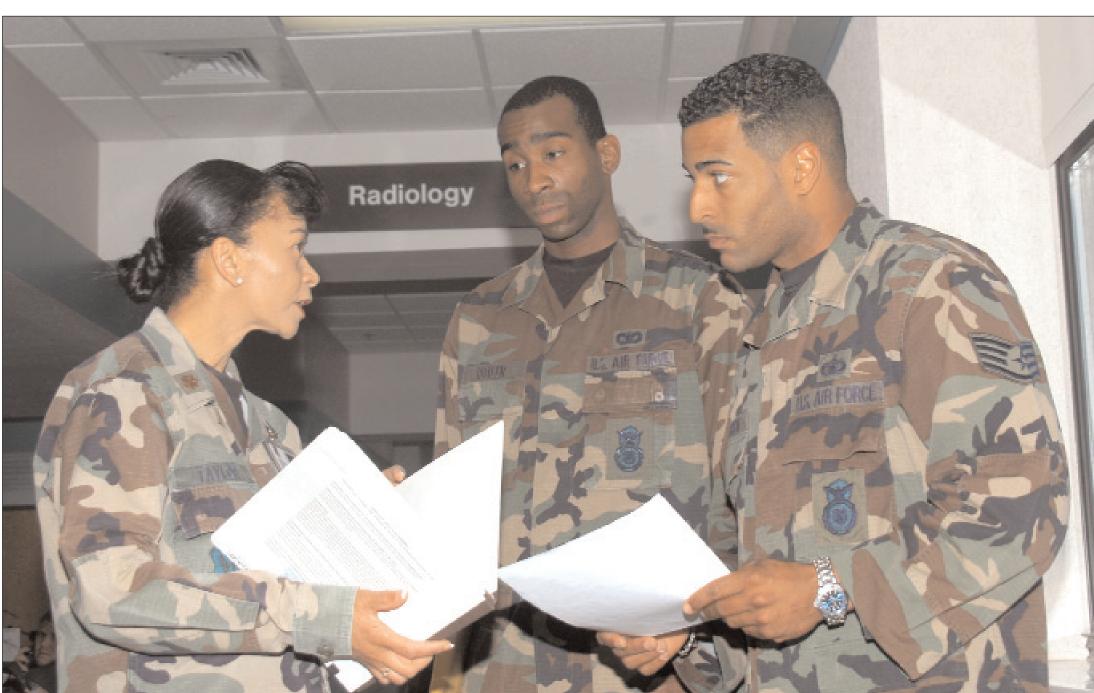
Sunday weather



Chance of T-storms



team, delivering bombing, airlift support, training and combat support to combatant commanders... anytime, anywhere



Major Christine Taylor, 7th Medical Group medical services flight commander, gives a spontaneous Right Start briefing to Airman 1st Class Shikeem Butler, 7th Security Forces Squadron, and Staff Sgt. Adam Warren, 7th SFS trainer, in the MDG clinic hallway here Wednesday.

A reign of excellence

By 2nd Lt. Elizabeth Campanile 7th Bomb Wing Public Affairs

When Dyess' 7th Medical Group medical services flight commander sets her mind to do something, she gets it done - and with neverbefore-seen results.

Major Christine Taylor received the American Academy of Ambulatory Care Practice Award March 24 during the organization's annual conference, which was held in Atlanta, this year.

She was the only Air Force person to receive the national recognition for that category this year, which also earned her a prestigious call from Maj. Gen. Melissa Rank, Chief Nurse of the Air Force.

"It was such a surprise," Major Taylor said. "It's such an honor to get selected out of all the various services and civilians. And to be an Air Force member and get selected was quite an honor."

"I have been amazed at how fast she can get things accomplished in our squadron," said Lt. Col. Alan Reid, 7th Medical Operations Squadron commander. "She can take an idea that is on the 'drawing board' and put it into practice faster than anyone else I have been associated with."

Major Taylor started by redesigning the

"She's one of those rare individuals who possesses the confidence to get things done . . . and still remains teachable and supportive to other leaders."

> Lt. Col. Alan Reid 7th MDG commander

wing's medical right start program, in which she decreased the five-day process to a one-day stop. Her streamlining of the program translated into saving people the need of having to return to the clinic for follow-ups by 70 percent and 1,000 man-hours each month.

Two of Major Taylor's most distinguishing accomplishments, which earned her the name "Population Health Pioneer," of whom Lt. Col. Nancy Opheim, former 7th MDG chief nurse, dubbed her, were for her roles in the development of diabetic group appointments for 400 diabetics and Dyess' first "Combat Asthma Camp."

The establishment of the diabetic group appointments ensured preventive healthcare and education to the high-risk group. Because of this, Dyess was recognized as one of the top five most improved bases at higher headquarters in disease management care.

Under Major Taylor's lead, Dyess' pediatric

clinic partnered with Hendricks Medical Center's respiratory care team to offer a oneday forum for approximately 30 children to teach and advocate combating and controlling their asthma.

"For me, it means the world to me to know I'm making a difference, that I'm taking care of people," Major Taylor said.

Colonel Reid asserts the award "fits with her stellar track record: "It was just a couple of years ago that she was given the distinction as the Company Grade Nurse of the Air Force. She is a real Air Force asset, and (her) getting this award for outstanding clinical nursing is a nice affirmation of that fact," he said

"She's one of those rare individuals who possesses the confidence to get things done, lead others to see and accomplish important tasks and still remains teachable and supportive to other leaders," Colonel Reid said. "She is truly one of a kind, and we are very fortunate to have

her here at Dvess.

7th Medical Group flight commander

wins national recognition for her work

Colonel Opheim, whom Major Taylor filled in for as acting chief nurse during the colonel's absence, agrees, "Throughout her career, Major Taylor's reign of excellence has simply set her apart from her rest, which led her to her selection to Air Combat and Staff College's in-residence program."

"What an extraordinary accomplishment for an extraordinary nurse leader," Colonel Opheim

Major Taylor credits her success to her team of 85 – "I certainly have to thank all the people in my flight" - and her love of education, which she strongly believes and advocates is the true

key to success. "When you get up in the morning, stay focused on how you can make a difference," Major Taylor said. "Education is the key so that when the opportunity comes along, you can improve yourself and take on new challenges."

The American Academy of Ambulatory Care Nursing, which Major Taylor is an active member of and serves as its Tri-Service Military Special Interest Group Webmaster, is the association of professional nurses and associates who identify ambulatory care practice as essential to the continuum of high quality, cost-effective healthcare, according to the association's Web site.

World's Largest Barbecue once again honors military servicemembers and their families for hard work, sacrifice

By Capt. Brandon Pollachek 7th Bomb Wing Public Affairs

This year marks the 50th anniversary of Dyess Air Force Base and the partnership it has shared with the city of Abilene during that period.

For 41 years, the citizens of Abilene through the Abilene Chamber of Commerce Military Affairs Committee has hosted the World's Largest Barbecue.

This year's barbeque is scheduled to be held at the Abilene Civic Center tomorrow with two serving times: noon to 2 p.m. and 5 to 7 p.m. All active-duty military, Guard, Reserve and DoD civilians and their dependents are welcome to attend.

The event is held as an opportunity to thank military personnel and their families for their service.

"Throughout the last 41 years, it has been the one day the city of Abilene sets aside to thank the men and women in the military for what they do for the country and Abilene," said Gary Robinett, Abilene Chamber of Commerce director of military affairs.

The menu for this year's event will include 3,000 pounds of beef, 700 pounds of sausage, 100 pounds of onions, 50 gallons of barbecue sauce, 500 pounds of ice tea, a ton of ice, 50 cases of cookies, and other barbe-

cue favorites. Families wishing to attend should pick up a ticket from their unit first sergeant. Only one ticket per family is necessary. At least one member of each family will need to present their military or DoD identification card for admission. There is no charge

to attend the event.

More than 7,000 tickets have been given out at Dyess alone with many going to Airmen who have attended the event before.

"The barbecue is a very generous offering by the (military affairs committee). I appreciate the gesture very much," said Senior Airman Benjamin Ly, Comptroller Squadron budget analyst.

Airman Ly, who has attended two previous barbecues, said, "There is no better

team than Dyess and Abilene." Family members with loved ones currently deployed are encouraged to attend. Airmen on duty during the barbecue will have meals delivered to them by Dyess first

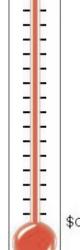
As a part of the festivities, base officials will present the Dyess Military Family of the Year award.

\$80,000 \$78,319

AFAF:

a success

This week is the last week of the Air Force Assistance Fund donation drive. Ninety-seven percent of the goal has been reached. To donate before the end of the drive, contact your unit's AFAF point of contact.



696-3355 or e-mail action@dyess.af.mil

The Action Line provides a direct line of communication between Col. Garrett Harencak, 7th Bomb Wing commander, and the people of Dyess. People should always use their chain of command or contact the agency involved first. However, if the problem still can not be resolved, call 696-3355 or e-mail action@dyess.af.mil. Leaving your name and phone number ensures a personal reply by phone. The Global Warrior staff reserves the right to edit all Action Lines before publication. Not all Action Lines will be published.

To help address customer concerns, call one of these base agencies for assistance: Area Defense Counsel — 696-4233 Base clinic (appointments) — 696-4677 Base exchange — 692-8996 Base locator — 696-3098 Base operator — 696-3113 Chapel — 696-4224 Child development center — 696-4337 Civil engineering — 696-2253 Commissary — 696-4802 Detachment 222, AFOSI — 696-2296

Family housing — 696-2150 Family support center — 696-5999 Finance — 696-4193 Inspector General — 696-3898 Legal office — 696-2232 Lodging — 696-2681 Military equal opportunity — 696-4123 Military personnel flight — 696-5722 Public Affairs — 696-2863 Security Forces — 696-2131 TRICARE — 1-800-444-5445

Education office — 696-5544

COMMANDER'S CORNE

It is the World's Largest BBQ time for Team Dyess!

Once again the great city of Abilene and the Big Country community are hosting active-duty military and their families to a fantastic barbeque meal.

This long running, outstanding event is one way our wonderful community partners support all of us at Dyess.

Please take advantage of the opportunity to bring the whole family to the Abilene Civic Center either for lunch or for dinner. At the lunch serving, we will be naming the Dyess Family of the Year. Congratulations to all of the nominees.

As always, thanks for all you and your families do for Team Dyess, our Air Force and our great country.

See you at the civic center.



Col. Garrett Harencak 7th Bomb Wing commander

Got CCAF? Community College of the Air Force degree has value for both you and our Air Force

Commentary by Chief Master Sgt. Kevin Ludwig

8th Fighter Wing command chief

Have you ever heard the motto, "The foundation of liberty is knowledge?" I hope you have, for this is the motto of the Community College of the Air Force.

Truer words were never spoken. Our pursuit of knowledge — along with life and work experiences — provides all that's necessary for us to unleash our talent, better develop our Airmen, execute our missions, command the future and ensure all are safe in doing so. Your pursuit of knowledge needs to start with earning a CCAF degree.

As early as 1972, our Air Force leaders envisioned that Air Force-enlisted Airmen would need improved educational programs to meet technological and leadership challenges. The result of this vision enabled CCAF to provide educational opportunities for us to combine technical training with general education course work from civilian-accredited colleges.

CCAF offers 66 degree programs in five general areas and has conferred more than 258,000 associats in applied science degrees. CCAF is the largest community college in the world and is the only community college in the Department of Defense.

Why a CCAF degree? Many of us came into the Air Force because we wanted to do something better with our lives as we serve our country. A CCAF degree enables you to do just that. A CCAF degree has value — value for you and our Air Force.

CCAF allows us an opportunity to pursue our educational goals at the same time we serve. Our Air Force has long recognized the value of the enlisted Airmen, while also recognizing the growing and more demanding technical, managerial and leadership challenges we face with

So, what can be better than CCAF? It links Air Force technical training and expertise with collegiate general education requirements. The result: a nationally recognized education program that formally prepares you for career and life.

What will happen if you don't have a CCAF degree? Nothing. And I do mean nothing!

More than 82 percent of eligible regular Air Forceenlisted Airmen are enrolled in CCAF. The Air National Guard nears 93 percent enrollment and Air Force Reserve Command has 88 percent.

The time you invest in a CCAF education is an investment in yourself, your future and even your family.

Starting to feel like you're missing something if you are not enrolled in CCAF? You are! You are limiting our Air Force capabilities, and more importantly, you are limiting

You can probably list pages of excuses as to why you haven't enrolled in or completed your CCAF degree. Excuses don't get the job done and tend to multiply the longer you delay. The time you invest in a CCAF education is an investment in yourself, your future and even

So, how do you start this investment ... this educational journey? Put down the remote and check out the CCAF on-line catalog and call the base education office.

You've got to want to complete your education. I believe a CCAF education directly correlates to leadership and better-prepared leaders.

I encourage our senior enlisted leaders to challenge our

young enlisted Airmen to have their CCAF degree complete by the end of their first enlistment, encourage our junior noncommissioned officers to complete within the next year, and for senior NCOs ... there is just no excuse not to have your CCAF.

Our Air Force promotes individuals with the potential to succeed at the next higher grade, so leave no doubt about your potential by having your CCAF degree

Also, please don't spread the "notions" among our enlisted Airmen that "We're not officers and don't need a degree to get promoted" or "I didn't need a degree to enlist." Usually, I hear this from those who just don't want to take the time to improve and educate themselves.

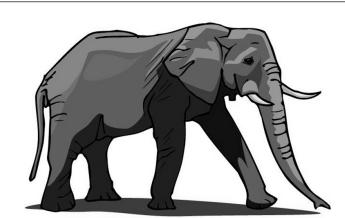
Agreed, there is no degree requirement to enlist in our Air Force. However, all things being equal between two enlisted members, I'll recommend the enlisted Airmen with their CCAF degree every time. Why? I know they are better prepared, more technically competent and have improved problem-solving skills.

Still wondering about the CCAF value for you and our Air Force? For you: better self-esteem, improved job performance, an achieved personal goal, basis for your academic future and credibility in the civilian job market. For our Air Force: a better leader, a more critical thinker and analyst, and robust competence.

Not only will you enhance your competence, but you'll enhance the competence of your fellow enlisted members because now you have the "smarts" to better prepare them for task and mission.

We live in a fast-paced and evolving society along with the increasing demands of our profession of arms. The secret to your success and ultimately the success of our Air Force is an education — and a CCAF education!

Got CCAF?



The Abilene ZOOlogical Society invites all Dyess personnel and their families to the Abilene Zoological Gardens for 200 lute to Dyess, May 6.

Admission is free. There will be free food, entertainment and activities for the entire family.

The event is from 9:30 a.m. to 4 p.m. Military identification required.

Have a story to tell?



Has a reporter approached you about a story or interview?

Got a story about your unit

Before you tell your story or provide that interview, Dyess personnel must contact the Public Affairs office.

The PA staff is your conduit

to all media outlets and will provide you with media training as well as the latest Public Affairs guidance about what you can and cannot talk

For more information or to schedule one-on-one media training, call the 7th BW/PA office at 696-2863.

Warrior Press

Editorial staff7th Bomb Wing commander Colonel Garrett Harencak.. Captain Paula Bissonette. advertised in this publication shall be made available

Published by Reporter Publishing Co., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 7th Bomb Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Dyess Global Warrior are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or

the Department of the Air Force. The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Reporter Publishing Co. of the products or services advertised. Everything

for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. Editorial content is edited, prepared and provided by the 7th Bomb Wing Public Affairs Office.

The staff reserves the right to edit all content and submissions. All photos are U.S. Air Force photos unless otherwise noted. The deadline for submissions to the Global Warrior is close of business Thursday one week prior to the desired publication date.

Submissions should be sent to the Public Affairs office at 466 5th St., Dyess Air Force Base, Texas 79607 or e-mailed to globalwarrior@dyess.af.mil. For more information, call 325-696-4300.

April is Child Abuse Prevention Month

Compiled by Diane Bradley

Family Advocacy Program Assistant

Child Abuse Prevention Month started in New York in 1874 with a little girl named Mary Ellen Wilson, a nurse named Etta Wheeler, and Henry Bergh, the founder and president of the American Society for the Prevention of Cruelty to Animals.

Mary Ellen's father died shortly after she was born and her mother boarded her with Mary Score. When her mother could not make payments, Mary Ellen was turned over to the Department of Charities. The department placed Mary Ellen with Mary and Thomas McCormack. Thomas McCormack died shortly after and Mary married Francis Connolly. The Connolly couple beat Mary Ellen on a daily basis. Her cries could be heard by the neighbors who called police, but no help came.

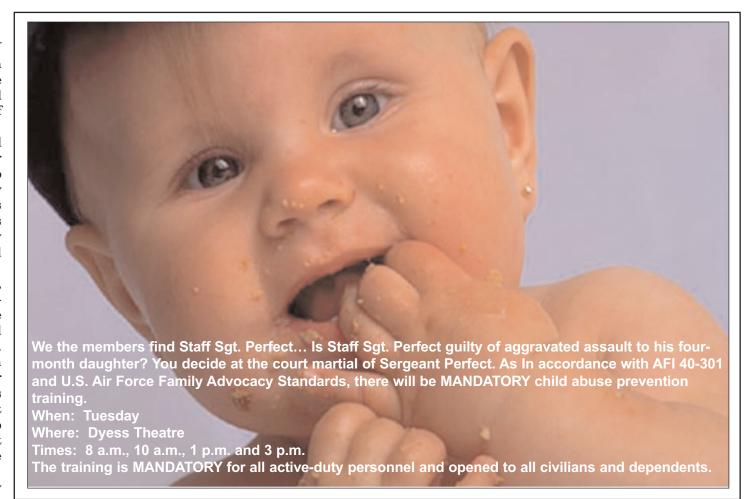
One of the neighbors told a visiting nurse, Etta Wheeler, and she contacted Henry Bergh. Mr. Bergh sent an investigator (who posed as a census worker to gain access) to the home. The investigator confirmed Ms. Wheeler's story and Mr. Bergh contacted an attorney who took the case to court.

Mary Ellen was removed from the home and appeared in court dressed in ragged clothing with bruises all over her body and a gash over her left eye. She testified her parents were dead and she did not know her age. She could not remember when she did not live with the Connollys who whipped and beat her every day. She also said, "I do not want to go back to live with mamma because she beats me so."

Mary Ellen was permanently removed from the Connolly home and raised by the Spencer family. Mary Ellen's case led to the establishment of the Society for the Prevention of Cruelty to Children.

In the 1960s, the U.S. government passed legislation requiring child abuse reporting in all states. In 1974, The Child Abuse Prevention and Treatment Act was signed into law and established the National Center on Child Abuse and Neglect, which is the basis for our laws against child abuse today.

In conjunction with Child Abuse Prevention Month, most



states also promote the Blue Ribbon Campaign, which started with a Virginia grandmother named Bonnie Finney in 1989. Ms. Finney's 3-year-old grandson, Michael "Bubba" Dickenson died from injuries inflicted by Ms. Finney's daughter's violent boyfriend. Ms. Finney tied a blue ribbon on the antenna of her van in memory of her grandson and her silent statement spread and led to what we now know as the Blue Ribbon Campaign.

When asked why she chose the color blue to make her

statement, she replied "I never intend to forget the battered, bruised body of my grandson. Bruises are black, then eventually blue. Therefore, blue serves as a constant reminder to me to fight for our children." Each year more and more people join the effort to bring awareness to the fight against child abuse.

For more information, contact Family Advocacy Program, at 696-5380 or visit the Family Advocacy office at the 7th Medical Group Life Skills Support Center, Room B3111.

Month of the Military Child is important to remember

Compiled by Diane Bradley

Family Advocacy Program Assistant

April has been designated the Month of the Military Child. In 1983, then Secretary of Defense Caspar Weinberger established the month to recognize "the essential role that military child care services and youth activities play in fostering readiness and enhancing the quality of life of military families. We take

great pride in setting aside the month to recognize the contributions and personal sacrifices our children make for our corps."

Many military children experience constant change. They move frequently – having to change schools and make new friends.

They usually don't have the luxury of having grandparents, aunts, uncles and cousins close by, so they have to develop their own support system within the military community. They also experience the major stressor of deployments.

They have to learn ways to deal with one (sometimes both) parents being deployed to undisclosed locations.

These are hard enough, but add to this the fact that we are in the middle of a war and the stress increases.

And yet, somehow these children

Some better known military children are singer Christina Aguilera, whose father served in the Army; actor Robert Duval, whose father served in the Navy; singer Emmy Lou Harris, whose father served in the Marines; and actor Blair Underwood, whose father served in the Air Force.

It takes a special kind of child to be a military child. This is why they are recognized for the entire month of April.

Airmen take strides to lose weight

Seasoned servicemembers and newly-enlisted troops take Air Force standards seriously, get in shape to ensure successful careers, healthy habits that last a lifetime

"It just goes to show how far

you're willing to go in order to

achieve what you want in life."

By Airman 1st Class Carolyn Viss 7th Bomb Wing Public Affairs

The beginning of summer. Bathing suit season. Words that cause stress hormone levels to rise for folks who've packed on a few extra pounds.

The beginning of the new year is long gone, and with it many of the resolutions people made to lose weight. But a few Airmen at Dyess haven't let the season affect their determination.

Airman 1st Class Craig Bogl, 7th Logistics Readiness Squadron transportation apprentice, and Master Sgt. Gordon Storey, 7th Bomb Wing military equal opportunity flight chief, have both lost and kept off significant weight in the last year.



Master Sgt. Gordon Storey at 200 pounds determination and will power.

In the early summer of 2005, Airman Bogl was a 320-pound civilian. His father, an Air Force retiree, inspired him to join the Air Force, but he decided if he wanted to live his life's dream he'd have to lose approximately 150 pounds and get in shape first. As a 22-year-old young man, he got his big wake-up call when he leaned over one day and felt the pain of a pinched nerve in his back – a result of the stress his body felt from the excess weight he carried.

"I was at my ideal weight - if I were seven feet, 11 inches tall," he

So Airman Bogl began running.

"At first, I could only handle

half a mile at a time," he said, "but soon I increased my distance to two miles. My lungs got acclimated to it, and I started to lose weight."

Every day, he ran. Through Michigan snow a foot deep, with a face mask to guard against the wind chill, he ran every single night; and when the snow was more than a foot deep, he walked through it. He also cut out junk food and ate only 600 calories a day, consisting of baked or grilled meat or fish with fruit and vegetables. He also took supplementary vitamins. In just a few months, the scale in his recruiter's office read 180 pounds - the Air Force maximum for a man his height and he left for boot camp Oct. 24, 2005.

Since then, Airman Bogl lost an additional 10 pounds and increased his running speed, so he's able to complete in the one-and-a-half-mile fitness test in 10:37.

"It just goes to show how far you're willing to go in order to achieve what you want in life," Airman Bogl said. "It's awesome to go into the mall and get a pair of cool jeans in a 32-inch waist that I couldn't buy in a 44-inch waist before."

Airman Bogl's not the only person with

Sergeant Storey has lost 28 pounds and six inches from his waist since Jan. 9. when he began a vigorous diet and exercise regimen after watching a popular weight loss reality television show.

"I watched (the contestants) work out to the point where they were burning themselves out," he said. "Then I saw people at the gym just trotting casually on the track."

That was his wake-up call.

Airman 1st Class Craig Bogl

7th Logistics Readiness Squadron

"I know it sounds cliché, but as the saying goes, 'No pain, no gain," Sergeant Storey said.

The 39-yearold Georgia native said he was used to

"down home" country cooking. Everything was fried or smoked, and not much was really healthy. But when Sergeant Storey's cousin died of a heart attack in his 40's, the whole family was shocked. Sergeant Storey knew he could be in danger too if he didn't do something about his weight.

"I looked like I was in a fourth trimester (of pregnancy)," Sergeant Storey

He decided, even if it was harder for him to lose weight now than it was when he was a young Airman, he would try to get down to the same weight he was when he got to Dyess nine years ago.

"I also set a lofty goal: to lose the weight by the time I pinned on master sergeant stripes March 1," Sergeant Storey said.

The first, most important step that he took was to buy an alarm clock without a snooze button, so that his 5:45 a.m. workouts couldn't be skipped, he said. He started a cardio and weight training regimen and cut his calories to 1,600 a day.

"Any time I felt like skipping a workout or eating something extra, I'd look at myself at 200 pounds and decide to stick to my diet," Sergeant Storey said.

Every day except for Saturdays.

"Your body needs one day a week to have fat reintroduced so it doesn't start hoarding it," Sergeant Storey said. "So Saturday is like Christmas for me. I eat whatever I want, and I plan for it all week - everything from cookies and brownies to cheeseburgers, chicken and dumplings. I eat about 4,000 calories all

The payoff was phenomenal for both men. Now, both Airman Bogl and Sergeant Storey say they will never allow themselves to get back to their old weight.

"I'm healthier and more confident now," Airman Bogl said. "Plus, I don't spend as much money on big clothes, and girls talk to me a whole lot more."



Master Sgt. Gordon Storey at 172 pounds

New cardio karate class taught by national champ

By Airman 1st Class Carolyn Viss

7th Bomb Wing Public Affairs

Airmen who are looking to lose weight, gain muscle, build confidence, and kick off some of their daily stress now have the opportunity to do all that and more in just two hours per week.

The fitness center is offering a new cardio karate class twice a week, and it's taught by an instructor who's more than qual-

Corando "Junior" Flores, a former national kickboxing champion, has been involved in the sport for 10 years and was an instructor at a private studio in Abilene for almost six years before he decided to branch out and start his own private business. He's also won a state title in 1996; regional titles in 1995, 1996, and 1997; and a

Texas regional title in 2002.

"Kickboxing is good for overall fitness, balance, and toning," Mr. and how to do it. He then pro-Flores said. "You also learn more ceeds around the circle, calling about yourself. You learn to push through limitations you didn't know you had until you get out there."

He teaches and pushes his students by encouraging them, meeting each one on the level they're at.

"I break it down so they can pick it up," Mr. Flores said. "I organize practical workouts

and slowly build their rhythm and timing with a balanced routine that works the whole body, from head to toe."

His workouts are no joke. Students warm up to a lively music track with Tae-Bo-style air punches and kicks, and then the sparring begins.

Mr. Flores stands in the center of a small circle of students,

protected with arm padding, and teaches each student what to do out commands to each student and forcing them beyond exhaustion without discouraging them.

The full-contact group sport allows Mr. Flores to work with each person at his own level while keeping the group class dynamic.

"It gets your adrenaline system going and teaches you how to fight if you ever need to defend yourself," he said.

Classes are offered Tuesdays and Thursdays from 7 to 8 p.m. at the fitness center and are free the first week.

"I want people to be able to come out, try it, have fun, and see if it's for them before they make a commitment," Mr. Flores

The class is open to military servicemembers and their



Mr. Corando "Junior" Flores, a former national kickboxing champion, teaches one of his cardio classes at a local fitness center.

dependents, civilian contractors, and Department of Defense employees.

Classes cost \$50 a month for

anyone who wishes to sign up for regular participation. For more information, contact the fitness center at 696-4306.

7th Services Squadron aerobics schedule

MONDAY Step, 6:05 a.m.

Water aerobics, 9:15 to 10 a.m. Pump It, 11 a.m. Step/Toning, 4:30 p.m. Yoga, 5:30 p.m.

TUESDAY

Fitness Improvement Program, 7 a.m. Core Training, 7:30 to 8 p.m. Advanced Step, 4:30 p.m. Pump It, 5:30 p.m.

WEDNESDAY Step, 6:05 a.m. Water aerobics, 9:15 to 10 a.m. Pump It, 11 a.m. Step/Toning, 4:30 p.m. Spinning, 5:30 p.m.

THURSDAY

Fitness Improvement Program, 7 a.m. Core Training, 7:30 to 8 a.m. Yogalates, 4:30 p.m. Pump It, 5:30 p.m.

FRIDAY

Step, 6:05 a.m. Water aerobics, 9:15 to 10 a.m. Pump It, 11 a.m. Step/Toning, 4:30 p.m.

POOL HOURS Monday through Friday, 6 to 9 a.m., 11 a.m. to 1 p.m., and 4 p.m. to 8 p.m.; Saturday, 9 a.m. to 2 p.m. Sunday, 12 to 3 p.m.

Tips to avoid post-workout soreness

- Drink plenty of water.
- · Stretch after every workout. Do the same movements
- with lower repetitions and less weight the day after you work out.
- Take anti-inflammatory drugs like aspirin, ibuprofen, and naproxen every eight hours. • Ice, ice, ice!
- Massage the affected area gently.

REMEMBER!

Stop working out if you feel sharp pain.





TEAM DYESS

Warrior of the Week

Staff Sgt. Keith Schulz

Unit: 7th Civil Engineer Squadron

Job title: Explosive Ordnance Disposal operator

Job description: Responding to and dealing with situations involving explosives, and training

for deployment

Time in the Air Force: Five years Time at Dyess: One year

Marital status: Wife, Michel Hometown: La Place, La.

Most rewarding job aspect: It's really not about the money. It's about making sure bad peo-

ple don't interfere with our freedom, and hunting down and destroying America's enemies.

What are your goals: To uphold my status as a noncommissioned officer.

What you like most about Dyess: Squadron unity. The guys in EOD are like my family.

What you like most about the Air Force: The EOD department Air Force-wide is fantastic. I have made lifelong friends here and they're like brothers to me

What is your best Air Force memory: Protecting President George W. Bush in London in

(Editor's note: The Dyess Warrior of the Week is selected by unit commanders, first sergeants or supervisors.)



Photo by Airman 1st Class Alan Garrison

Easter fun

Children at Dyess' Child Development Center participate in an Easter egg hunt there April 13 in celebration of the holiday and the Spring season.

News Briefs

Lawn waste removal

Dyess' recycling contractor, OSIRUS, is scheduled to provide curbside pickup of organic material (tree limbs smaller than five inches, leaves, and grass) from family housing Tuesday. Material must be at the curb no later than 8 a.m.

Leaves and grass must be bagged in biodegradable bags, which may be picked up from the base housing maintenance contractor, Centurion, located at 233 Texas Ave. These bags are not available from the base self-help store.

Branches must be bundled and may not exceed five feet in length or weigh more than 70 pounds.

Branches larger than five inches must be called in to Air Properties Maintenance for pickup at 690-9686.

For more information, call Mr. Walter Smith at 696-6452.

Administrative professionals

Dyess is scheduled to host an

Administrative Professionals' Day breakfast Wednesday at 8 a.m. at the Heritage

The guest speaker will be Christine Hill, Deputy Assistant Secretary, Office of Congressional and Legislative Affairs, Department of Veterans Affairs.

Breakfast will be buffet style and will cost \$7.50 for club members and \$9.50 for non-club members.

Individuals interested in attending must R.S.V.P. no later than Monday by unit. 7th Bomb Wing: 696-2121; 7th Mission Support Group: 696-2141; 7th Medical Group: 696-2345; 317th Airlift Group: 696-2584; 7th Maintenance Group: 696-2235; 7th Operations Group: 696-2488; director of staff: 696-2853.

For more information, call Denise Bush at 696-2121.

Holocaust luncheon

Colonel Garrett Harencak, 7th Bomb Wing commander, is scheduled host a luncheon for Days of Remembrance of Victims of the Holocaust Thursday at 11:30

a.m. at the Heritage Club. The guest speaker will be Chaplain (Lt. Col.) Brett Oxman, Air Force Chief of Chaplains office.

Lunch will be served to club members for \$8 and non-club members for \$10.

Please R.S.V.P. to the 7th Bomb Wing protocol office at 696-1179 no later than

For more information, call Chaplain (Maj.) Matthew Paskin at 696-1530.

Kindergarten registration

Dyess Elementary is scheduled to register students for kindergarten Thursday from 4 to 6 p.m. in the school cafeteria.

Eligible students must be at least 5 years old before Sept. 1 and live on Dyess, in the Quail Hollow development, or in the Hampton Hills residential area.

Parents should bring their child's birth certificate, immunization records, social security card, and proof of residency.

For more information, call Norma Benavides at 690-3795.

Military marriage seminar

A two-day military marriage seminar is scheduled to begin May 5 at 5:30 p.m. and continue May 6 at 8:30 a.m. at The Heritage Club.

The cost is \$30 per couple, and participants must register with the chapel by calling 696-4224.

Snacks, breakfast, lunch and child care will be available at no charge. Parents needing child care must register with the chapel by May 2.

For more information, call Chaplain (Capt.) Matthew Incorvaia at 696-1471 or Chaplain (Capt.) Cody Broussard at 696-

Airmen honored in Chicago

In an effort to recognize the sacrifices of Airmen in the Chicago area, the merchant's association is asking for volunteers to send pictures and basic information for displays in conjunction with Memorial Day and Armed Forces Week. The pictures will be displayed in windows along State Street in Chicago during the month of May.

Anyone would like to be featured should contact Beth Gosselin, community relations, headquarters, Air Combat Command, Langley AFB, Va, by calling COMM: (757) 764-5994 DSN 574-5994; or emailing beth.gosselin@langley.af.mil by Thursday. Airmen should include a high-res picture of themselves, preferably a head and shoulder shot, along with their name, hometown, current station and current job.

Shoppin' In the Park

Dyess' annual giant flea market and garage sale is scheduled for April 29 from 9 a.m. to 3 p.m. Rain date is May 13. For more information, call Shawn Gailey at 696-3379.

Space-available travel

Current space-available C-130 flight schedule:

- Sunday to Pope AFB, N.C.; leaves at 9 a.m., returns April 28.
- Sunday to Laguna AAF, Yuma, Ariz.;
- leaves at 10 a.m., returns April 28. • May 1 to Peterson AFB, Colo.; leaves
- at 8 a.m., returns May 2.
 - May 3 to Ft Polk, La.; leaves at 7 a.m.,
- returns same day.

All flights are subject to change or cancellation without prior notice. Show time for all flights is two hours prior to scheduled take-off time. All travelers must show their military identification cards plus one additional form of ID. Active duty travelers must possess valid leave orders. The passenger terminal is at Building 4112, Avenue A3.

For all flights scheduled during nonduty hours, travelers must coordinate with the pax terminal by calling 696-4505 or 696-8732.

New York Air Guard openings

The 109th Airlift Wing of Scotia, New York, home of the LC-130 ski-birds, has traditional guard vacancies for positions through the rank of major for prior service navigators qualified in any airframe and undergraduate pilot and navigator training for newly commissioned officers.

For more information, call Master Sgt. Jim Reeves at 1-800-524-5070 or visit 109aw@recruiting.goang.com.

Legal office walk-in hours

The Dyess Legal Office walk-in hours are 9 to 10 a.m. every Friday; however, individuals may still schedule appointments.

For more information, call Capt. Nick McCue at 696-2232.

Family child care

Beaulieu at 696-2839.

The family child care office is looking for providers. Training is free, and providers have access to an extensive lending program and U. S. Department of Agriculture food program.

Providers are also eligible for tax deduc-

For more information, call Michelle

Dyess Chapel



Nursery and children's church are available at all services. For information on Jewish services, call Chaplain (Maj.) Matthew Paskin at 696-1530. For information about other services, call the chapel at 696-4224.

Catholic worship schedule:

Saturday:

Reconciliation — 4 p.m. $\mathrm{Mass}-5~\mathrm{p.m.}$

Mass — 9 a.m. Sunday:

Confraternity of Christian Doctrine — 11 a.m.

Tuesday — Friday: Mass — 11:30 a.m.

Protestant worship schedule:

Sunday:

Sunday school — 9:45 a.m. Traditional worship service — 11 a.m. Gospel service — 12:30 p.m.

<u>Jewish services:</u>

A Jewish service is scheduled for May 12 at 7 p.m. at Temple Mizpah, 849 Chestnut St.

Today, Saturday at 7 p.m. Ultraviolet

(Milla Jovovich, William Fichtner)

Set in the late 21st century, a subculture of humans has emerged with a genetic mutation. As more people are infected and the government becomes increasingly terrified of their growing power, those with the mutation are treated as outcasts, subjected to terrifying tests and put into quarantine. The government sets out to destroy them, but one woman is determined that that doesn't happen: ultra-beautiful, ultra-lethal Violet. With eye-popping martial arts skills and chameleon-like abilities, Violet becomes a rogue warrior bent on protecting her new race. Rated PG-13 (violent action, nudity, language) • 87 min.

The Dyess Theater is located next to the main exchange. Patrons must have a valid identification card and may sponsor guests.

Admission for adults is \$3, children 6-12 years old will be charged \$1.50, and children ages 5 and younger will be admitted free. Admission for G-rated movies is \$1.50 for children between the ages 2-12. For more information, call the base theater at 696-4320.

Saturday at 2 p.m. The Shaggy Dog

(Tim Allen, Kristin Davis)

Dave learns a valuable lesson about truth and appearances when quite unexpectedly he finds himself changed into a sheepdog. Rated PG (rude humor) • 98 min.

Sunday at 2 p.m. Aquamarine

(Emma Roberts, Sara Paxton) Following a violent storm, a beautiful and sassy mermaid named Aquamarine washes ashore and into the lives of two teenage girls. After Aquamarine falls for a local, hunky lifeguard, she enlists the girls' help to win his heart. Rated PG (language, sensuality) • 109 min.

A fifty year 'marriage' continues

By Tech. Sgt. Gene Lappe 7th Bomb Wing Public Affairs

As Dyess celebrates the 50th anniversary of the dedication of the base after its namesake, the partnership bwtween the base and Abilene that began five decades ago remains strong and continues to grow.

In the coming weeks, the *Dyess Global* Warrior will provide a snapshot of a different decade of base history leading up to the Big Country Appreciation Day May 21.

The golden anniversary will culminate with the Big Country Appreciation Day, the base's annual open house and air show. On this day, the base welcomes its neighbors to the base to see first-hand the pride and professionalism of the men and women of the 7th Bomb Wing and the 317th Airlift Group.

The partnership between Dyess Air Force Base and the city of Abilene officially began Sept 24, 1953, when ground was broken near what is now the north end of the runway.

The idea to bring a base to Abilene actually began in 1951. The city, still reeling from the closure of Camp Barkley and Tye Field sought to bring a base to the area. The civic leaders courted Strategic Air Command commander, General Curtis LeMay. They told General LeMay the city of Abilene had a lot to offer and it wanted to



The first main gate of Abilene Air Force Base, Texas, around 1955.

be apart of the defense of America. They won over the general, but Congress still had to approve the plan.

The city also pledged to buy 3,700 acres and deed it, along with the former Tye field, to the Air Force. More than \$893,000 was raised to buy the land, and in July 1953, Congress approved the plan.

On New Year's Day 1955, the first base commander of Abilene Air Force Base was named, Lt. Col. Jack Brown. Also on that date, authority was given to organize the first squadron.

The first building completed on the new installation was the base chapel, and it opened in February 1955.

By early 1955, the first enlisted personnel arrived on base. Tech. Sgt. Harold Australia and make his way back to

Olson and Airman 2nd Class John Seaver hold that distinction. By December 1955, the base population was almost 500 men.

The base formally opened April 14, 1956, in conjunction with Abilene's 75th birthday. Later that year, the base was renamed in honor of World War II hero and Albany, Texas, native, Lt. Col. William Edwin Dyess.

Colonel Dyess was a P-40 Warhawk pilot in the Philippines when WWII broke out. He was eventually captured and was forced to take part in the infamous Bataan Death March. He survived and later escaped, and with the help of other American and the Philippine Freedom Fighters, waged a guerrilla warfare campaign against the Japanese. He would later escape to America. He died in a plane crash while flight testing a P-38 over a populated area in Burbank, Calif., in 1943. Although he had ample time to bail out, he chose to sacrifice himself rather than risk the lives of others and guided the plane into a vacant parking lot.

The first unit activated at the new base was the 4021st Air Base Squadron. Next, the 341st Bombardment Wing activated Sept. 1, 1955, and forged the mission of the Strategic Air Command, flying the B-47 Stratojet, the backbone of the cold war.

September 8, 1957, the 96th Bomb Wing was activated at Dyess, and for a short period coexisted with the 341st BW.

As the 1950s came to a close, many firsts and new beginnings had taken place at Dyess. The next decade would offer many changes for the new base.



Military officials and local civic leaders break ground on Abilene Air Force Base

B-1 simulator training system support consolidates

By Capt. Paula Bissonette 7th Bomb WIng Public Affairs

The Training System Support Center is located in the 28th Bomb Squadron building, and while the name may seem self-explanatory, there is much more to training support than most people realize. When visiting the TSSC, one is likely to see engineers hard at work, but what is notably absent is anyone wearing a military uniform. This is because the TSSC is comprised of contracted civilian employees who are all here to support B-1 aircrew training through software and hardware upgrades and maintenance of the B-1 simulators.

Although most people are unaware of the TSSC, there are numerous facts about this unit that make it interesting and unique. For example, the TSSC here, in addition to B-1 simulator software and hardware development, develops the visual and radar sensor databases for F-15E and B-2 aircraft simulators.

The Dyess TSSC organizationally falls under Detachment 4, which is part of the 29th Training System Squadron at the 53rd Wing at Eglin Air Force Base, Fla. All TSSC employees work for the primary contractor, Rockwell Collins Simulation & Training Solutions, LLC.

"We have a Weapons System Trainer, Cockpit Procedures Trainer and a Mission Trainer at our Rockwell Collins plant in Sterling, Va. that's where the contractor will develop the next software drop for the simulator," said Lt. Col. Jason Xiques, Detachment 4 commander. "We'll go up there as Detachment 4, which is in charge of testing those simulator software drops, and we'll test it, certify it and bring it down here and put it on all the WSTs, CPTs and MTs. That's what we do as Detachment 4, we're in charge of all the acquisition and testing of B-1 simulator software."

The Rockwell Collins engineers receive their tasking from the detachment. Tasking for upgrades are based on aircrew write-ups and new software and hardware implementation.

"Our primary task is sustainment of the simulator equipment and maintaining the aircrew and maintenance trainers concurrent with the aircraft. Occasionally, we are tasked to incorporate enhancements into the training devices to improve the efficiency and effectiveness of available training capability," said Frank McKnight, Rockwell Collins deputy program manager.

The Rockwell Collins engineers keep the simulator software and hardware current with what's in the actual air-When an aircraft modification is made, the same change must be made in the simulators.

"Our charter is to keep the trainers concurrent with aircraft configurations and we have been very successful in doing that," said Doug Houser, contract oversight manager. "In fact, the trainers are actually ahead of the airplane because we were able to put the latest software release that is coming out of Boeing and going onto the aircraft on the trainers already, and crews are training on it right now."

If a pilot couldn't learn a new instrument or system in the simulator, they would have to fly sorties to gain proficiency, which is much more costly than learning in the simulator.

"We're saving the Air Force significant funds since we were able to release the latest software drop two months prior to the aircraft upgrade taking place," said Colonel Xiques. "B-1 aircrews in squadrons at Dyess and Ellsworth are now able to train in the simulator first and get a basic understanding of the new software which allows them to go out and fly the aircraft and do other training instead of having to learn the new software in the aircraft."

The TSSC engineers ensure timely upgrades to the simulators, of which, Dyess has 10. They include the weapons system trainers, the cockpit procedures trainers, simulated maintenance training systems, avionics and armament maintenance training systems and the mission trainers. The Dyess trainers are valued at more than \$740 million.

In addition to the aircrew simulators, the TSSC also ensures the maintenance training systems are kept current with aircraft system's software and hardware. Maintenance technicians use the mission trainers to learn trouble-shooting procedures and new software and hardware processes, similar to the way aircrew learn new operating procedures in their simulators.

There are times when an upgrade to the maintenance systems software or hardware may mirror an aircrew's system upgrade; and, in the past, these upgrades would have been worked independently on the operator and maintenance sides of the engineering arena, even though the changes were nearly identical.

"A good example is when an upgrade was made to the maintenance trainer display system and was not changed on the cockpit procedures trainer until much later, even though they both have very similar systems," Mr. McKnight said.

It was because of these redundancies in the aircrew and maintenance training system upgrades that ACC Program Management proposed combining engineering efforts nearly two years ago.

So why is this a significant time for our TSSC? The answer ... a consolidation of the maintenance and operator training systems engineering, administration and overall structure, which will streamline how they do business, ultimately saving the Air Force a lot of money.

"Right now the support organizations at Dyess and Ellsworth perform essentially the same tasks such as site management, network administration, configuration management, master library maintenance and other administrative functions," Mr. McKnight said. "All of the engineering processes are identical and the application of those processes differs only with respect to the specific training device being modified, whether it is an aircrew simulator

or a maintenance trainer." "The TSSC Consolidation will eliminate the redundancies and streamline the support functions. Combining site operations and key engineering staff from Ellsworth with the engineering staff here will reduce the overall manning requirements from 47 personnel to 36 resulting in significant cost savings to the Air Force over the life of the contract," he continued. "The synergy gained will improve TSSC efficiency and productivity and will provide the total B-1 community with more effective, concurrent training capability through the coincident releases of aircrew simulator and maintenance trainer upgrades and enhancements."

This consolidation will be even more important in the future since more aircrew training will take place in simu-

"Eventually, we'll reduce flying time and replace it with simulator time," said Colonel Xiques. "The goal for bomber training is to eventually have a large portion of the training sorties conducted in the simulator, which will save huge amounts of money."

With the new emphasis on simulator training, the capa-

bilities of the simulators are also being upgraded. "Sims here are being upgraded with distributed mission operations, where we can integrate a B-1 WST here with F-16 simulators at Elmendorf AFB, Alaska or in South Korea, or with the Airborne Warning and Control system aircraft at Tinker AFB, Okla. Basically anywhere, we will be able to mission plan together and fly a sortie in our respective simulators at the same time," Colonel Xiques.

Jim Pendley, an Air Force retiree, winner of the winter series golf tournament, takes a practice swing April 8. John Pierce, 7th Services Squadron, finished second, while Charles Hopper and Rick Prosser, both military retirees tied for third.

Dyess hosts first intel forum tailered for bomber community

By Tech. Sgt. Gene Lappe 7th Bomb Wing Public Affairs

The 7th Operations Support Squadron intelligence flight hosted a first-of-its-kind intelligence forum geared specifically for the bomber community April 11-13.

"This is the first time that members of the national intelligence community have come together with unit-level personnel to talk about the threats to the bomber community," said Maj. Dave Wallin, 7th OSS, chief of intelligence training. "This is unique because most forums or conferences are tailored specifically for the fighters and don't take into account some of the unique requirements of the bomber missions and the way we perform our missions."

He said this forum is also an opportunity for unit level intel personnel from other Air Combat Command bases to gather and talk about how the bomber community conducts mission planning support for the aircrews.

"The forum will be custom-made to fit the capabilities and limitations of a bomber," said Major Wallin. "We have spe-

cific requirements that bomber crew need

from the intelligence community. We don't

have the same offensive and defensive

capabilities as a fighter, so we need different information to safely and effectively accomplish the mission."

Major Wallin couldn't discuss the specifics of the topics being addressed in the forum, but that they were all geared toward making the bomber missions more effective.

He said another unique aspect of this forum is unit-level personnel had the opportunity to interact one-on-one with national-level intelligence Individuals from the Missile and Space Intelligence Center, National Air and Space Intelligence Center, the Office of Naval Intelligence, the Air Force elements of the National Security Agency, and the 317th Airlift Group attended the forum. He said the forum included structured briefings as well as open discussion about the week's activities.

"Having the national analyst here allows us to establish contacts with the individual and let us know whom to call when we have a question or need help," said Major Wallin.

"The bottom line is we provide mission planning support for the aircrews, and we wanted to see if there was a way to be more effective in the support we provide to the crews throughout the bomber arena."



Major Gen. Bill Essex, Army Air Force Exchange Service commander, Col. Garret Harencak, 7th Bomb Wing commander, and Ron Barfield, Dyess and Goodfellow Air Force Base, Texas, Base Exchange general manager, opened the new Base Exchange Tuesday.

New BX offers quality of life improvement

Exchange features centrally located shops, food court, extended shopping hours

By Senior Airman Joel Mease 7th Bomb Wing Public Affairs

Team Dyess members now have the ability to one-stop shop for all their shopping needs, since the new Base Exchange was officially opened Tuesday.

The new \$11 million facility includes a beauty shop, barber, laundry and dry cleaning, florist, optical center, Class Six, military clothing sales and a food court. Before, Dyess members would have to go to several different locations, but now the new exchange centrally locates those stores to provide its customers with better convenience, said Ron Barfield, Dyess and Goodfellow Air Force Base, Texas, BX general manager.

To make room for all the new shops, Army Air Force Exchange Service officials said the new facility is approximately 130 percent larger than the old exchange. AAFES also said there will be a new parking lot to add to the customer convenience once everything is moved

The AAFES mission is to support military members, dependents and retirees at home and abroad. Profits from the stores go directly to the Morale, Welfare and so hard for this; they deserve it.'

Recreation Fund, which helped fund the new gym on base and the new exchange. These new buildings are a direct result of our patrons' investment, Mr. Barfield

Currently, AAFES is trying to upgrade stores all around the world to improve the quality of life for Soldiers and Airmen. Dyess is the first base in Texas to receive this new exchange concept, he said.

While some of the other stores in Texas may be larger and have had remodeling, they do not have the complete new configurations Dyess does. This makes us the first new store in Texas," Mr. Barfield said. The new AAFES design for exchanges is part of a

strategy to offer servicemembers bigger and better stores with better selection, said Maj. Gen. Bill Essex, AAFES

Many Team Dyess members said they were surprised with the improvements made.

"This exchange is absolutely amazing," said Master Sgt. Steven Holland, 7th Maintenance Group. "I have customers 24 hours a day. The shoppette is currently been stationed here for 16 out of my 19 years, so I've been scheduled to be open from 6 a.m. until midnight and waiting a long time for this. The people here have worked

Airman 1st Class Travia Dawson, 317th Operations Support Squadron, said the exchange was much larger and had more variety than she was expecting.

"It really did surprise me how nice it is," Airman Dawson said.

The biggest improvement Staff Sgt. Jonathan Fernandez, 317th OSS, liked was having all the stores centrally located and more space to shop.

"By Dyess getting significantly improved exchange facilities, we are providing first-class availability and improved buying power for our Air Force family," said Chief Master Sgt. Paul Wheeler, 7th Bomb Wing command chief.

Team Dyess members can also expect more positive changes down the road as a new mini mall is scheduled to open July 1, Mr. Barfield said.

The new mini mall will feature a Burger King Express, shoppette, car care service, post office, car wash and a gas station. The gas station will be available to could be expanded to 24 hours based on sales, Mr. Barfield said.



Airman 1st Class Nathan Lyon, 7th Component Maintenance Squadron, is one of the first shoppers at the new Base Exchange Tuesday. Kyung Johnson, Army Air Force Exchange Service employee, rings him up at the register.



Raquel Hebdon places the final touches in the Class Six Monday before it opened with the BX Tuesday.